



Star breathing

Start at one side of the star. Slowly trace your finger up while you take a deep breath in. When you reach the top, hold your breath for a moment. Then breathe out as you trace down the other side. Keep going around the star, breathing in and out, until you finish.



Breeze breathing

Imagine you're standing outside on a windy day. Take a big breath in, like you're breathing in the cool air. Then slowly blow your breath out, like you're letting it float away in the wind. Keep doing this a few times, nice and slow, like the wind is moving.



Flower breathing

Pretend you're holding a soft, pretty flower. Take a big breath in, like you're smelling the flower. Then slowly blow out, like you're gently blowing on its petals. Keep breathing in and out like this a few times, nice and calm.



Hot chocolate breathing

Pretend you're holding a warm cup of hot chocolate. Take a big breath in, like you're smelling the yummy chocolate. Hold your breath for three seconds. Now blow out slowly, like you're cooling it down. Do this five times.